

HEALTH CENTER HIGHLIGHTS



News and notes from your Community Health Centers

Volume 7, No. 3

A quarterly newsletter of HealthReach Community Health Centers

Summer 2011

A message from the president

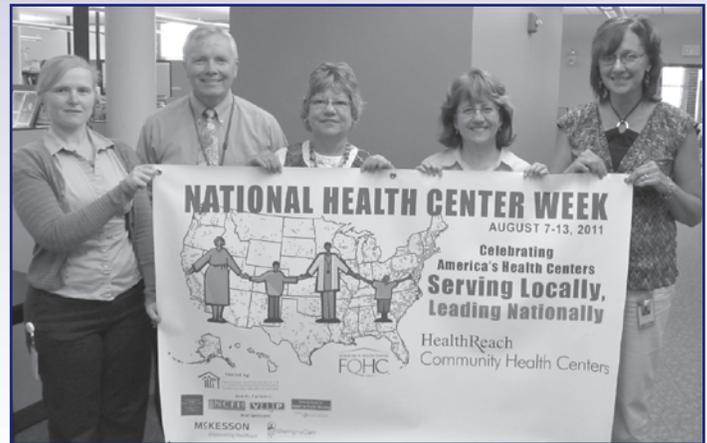


HealthReach
President/CEO
Connie Coggins

Dear Community Members,
Each year, during the second week of August, communities across the country recognize the service and contributions of community health centers. The theme of this year's Health Center Week is "Celebrating America's Health Centers: Serving Locally, Leading Nationally." Today, according to the National Association of Community Health Centers, America's health centers serve over 20 million

people in 7,000 communities in all 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and Guam. HealthReach Community Health Centers is proud to be a vital part of this national legacy by serving 30,000 patients who live in parts of nine Maine counties. HealthReach staff members and volunteers will be commemorating this event by holding Affordable Care Days (see right) or leading an event at a community celebration (read about the Richmond 5K and community fun run during Richmond days on page 8). This participation in the community honors the health center tradition of "local service."

Message, continued page 10



Celebrating Health Centers

National Health Center Week is August 7-13, and to celebrate, several of our health centers will be holding Affordable Care Days. These events are a way to reach out and educate the public about ways to reduce the cost of health care. Our Navigator Program staff will be on hand to sign folks up for assistance programs and participants can learn all about HealthReach's own Affordable Care Program. Showing off the National Health Center week banner at the central office in Waterville are, from left, Ariel Carolin, development and recruitment specialist, Stephen Mansfield, director of operations, Ann Young, executive assistant, Connie Coggins, president and CEO, and Jodey Dickey, administrative assistant.

INSIDE THIS ISSUE:

- Spotlight on Madison Area Health Center 2-3
- Welcome new providers 4-5
- Lovejoy annual appeal 6
- Mini-pharmacy opens in Rangeley 7
- A message from our Board Chair 7
- Sheepscot renovations 8
- Racing in Richmond 8
- Jan Whitworth, PA is honored for her work in Bethel 10

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Spotlight on...

MADISON AREA HEALTH CENTER

The health center in Madison has been an anchor in our community since 1977. Residents of the greater Skowhegan area have been receiving quality, affordable medical care here since the beginning. Health and well-being do not begin or end in the exam room, however, and the folks at Madison go above and beyond to be a presence in the area. Whether it's staff serving hot meals at the school's family dinner program or hosting a nationally recognized class that teaches participants how to live healthier lives, Madison Area Health Center is committed to community health.



Some of the clinical staff volunteered their time for the Feed the Kids program this spring. From left are Carol Hawlk, RN, Rose Martikke, LPN, Lorna Lord, Medical Records Clerk, Melissa Gilley, MA, Barbara Belliveau, practice manager. Not pictured: Brenda French, CMA

Serving up smiles

The Feed the Kids Program, a partnership between Somerset Health and the Skowhegan Rotary, serves free meals to area families twice a week during the school year at Madison Junior High School. This past school year was the program's third year, and more than 1,500 meals were served with the goal of not only providing quality meals to families, but providing an opportunity for families to sit down and enjoy mealtime together.

The clinical staff at Madison Area Health Center volunteered for the program this year, dishing out hot meals, as well as smiles, and greeting the public as they ate.

"It was a pleasure to be a part of this great program," says practice manager Barbara Belliveau. "The program relies on volunteers to greet people as they arrive, assist with the preparation of the food, serve the meal and wash the dishes."

According to the American Psychological Association, research has shown that children who eat meals with their families at the dinner table have healthier diets. Kids communicate more with their parents when they have family meals. As a result, these children are better adjusted and are less likely to participate in risky behaviors.

"We are fortunate to have dedicated community volunteers, including the Madison Area Health Center, contributing to the Madison Feed the Kids Program," says program coordinator Angela Norton, RD. "One child at the program even said, 'I like how nice the people who serve the food are.'"





Learning to live a healthier life with Living Well



Barbara Mackie, far right, and fellow Living Well class participant, Nellie Rackliff, far left, stand with co-instructors Ron Contreras and Dani O'Rourke-Suchoff during the final class at Madison Area Health Center.

Close your eyes ... Imagine yourself walking along a peaceful old country road ... As you walk along, your mind naturally wanders to the concerns and worries of the day ... Then you come upon a box by the side of the road ... So you open the box and put into it any concerns, worries, or pressures that you are carrying with you ... You close the box and realize that you can deal with your worries at a later time ...

This is a small part of a "guided imagery" exercise designed to make the listener become more aware of the brain's ability to physically impact the body and overall health, just one exercise being taught in the Living Well for Better Health series. Madison hosted this nationally recognized health program over six weeks in late spring, offering Madison area residents lessons and life skills to help them get their health back on track.

Barbara Mackie of Skowhegan went into the class with little expectations other than learning some ways to manage her pain brought on by her weight, but ending up learning far more.

"Its enlightening, its gospel," she says. "Something was

Living Well, continued page 9

LIGHTEN UP MADISON

The Madison team is also addressing the issue of weight loss in the greater Skowhegan area. Similar to Richmond Area Health Center's Community Weight Loss Program (where patients there have lost more than 3,000 combined pounds in 9 months) Madison will begin the Lighten Up Madison program in August. The goal is to "Lose a Moose," or 1,500 pounds. During each health center visit, if a patient has lost weight since his or her last visit, the amount is written on a moose hoof and stuck on the wall. At the end of each week, the weight will be tallied and added to the total.

"Lighten Up Madison is just one more step that we are taking to stress the importance of preventive medicine in our community," says practice manager Barbara Belliveau.



2011 - 2012 Educational Health Series

Madison Area Health Center, in conjunction with Redington-Fairview General Hospital, will be hosting a series of free educational programs on a wide array of topics in the coming year. Each hour-long class is open to the public and is designed to inform and inspire attendees to take preventative actions to live a healthier life.

"This series is a way to engage and educate the community on a variety of important health-related topics," says Barbara Belliveau, practice manager at Madison Area Health Center. "We are grateful that these great community educators are able to offer these programs free of charge."

The first class will be held August 4. To register for any class call the health center at (207) 696-3992.

All classes are held from 2-3 p.m. at the health center

Nutrition and Heart Health – August 4

Healthy Heart February 2

Making Health Changes – October 6

Nutrition: Children and Obesity – April 5

Tobacco December 1

Diabetes June 7



Shannon Doughty is “loving” it at Mt. Abram

Mt. Abram Regional Health Center welcomed Shannon Doughty, FNP to the medical team in April. She replaced longtime physician Dr. Robert Jacobs. Shannon brings experience in a variety of clinical settings including family practice, urgent care and sub acute settings working with infants to retired citizens. She received her bachelor of social work degree as well as her master of science in nursing degree at University of Southern Maine. Her areas of interest include family practice and geriatrics.

“I am loving my job at Mt. Abram!” she says. “The nurses and office staff have been so welcoming and helpful getting me off and running. I feel well-informed and supported by each and every one of them.



Shannon Doughty, FNP listens to one of her many new patients. “I’m looking forward to seeing Shannon again,” said one patient.

“I am enjoying getting to know my patients. It has been fun for me to get back into true family practice after having spent several years in geriatrics. I look forward to each day and the coming years I will spend with my colleagues and neighbors.”

Practice Manager Carolyn Tranten adds, “Staff and patients have both expressed how much they have enjoyed meeting and working with Shannon. She is a good listener, empathetic and respectful. We want to thank her very much for joining our team!”

Shannon joins physician David Austin, and nurse practitioner Sandra Picard, who provide care to more than 1, 500 residents in Kingfield and surrounding communities.

Social worker joins Lovejoy staff



Brenda Comolli, LCSW

Brenda Comolli joined the Lovejoy medical team this spring, expanding HealthReach’s behavioral health program to yet another one of our practices. Much like the programs at Belgrade Regional and Western Maine Family Health Centers, providers refer patients to see Brenda who need assistance coping with their diagnoses. Patients have benefited from the “brief interventions” as opposed to the traditional hour-long

counseling sessions.

“My experience here at Lovejoy thus far has been very rewarding,” says Brenda. “I get new referrals every day and have worked with patients with concerns from smoking cessation and alcohol dependence to depression, anxiety and post traumatic stress disorder.

Brenda earned a Master in Social Work degree from

Comolli, continued page 11

Belgrade welcomes new practice manager

Belgrade Regional Health Center welcomed new practice manager Wendi Wainer in July. She succeeds the health center’s long-time manager Deborah Rocque who retired from the practice at the end of May.

Wendi brings a strong background in medical practice management, as well as experience in managing change and Patient Centered Medical Home (PCMH) development. The Belgrade Regional Health Center is one of twenty-six practices funded by a grant from the Maine Quality Forum and the Maine Health Access Foundation to implement the PCMH program, an innovative project designed to strengthen the bond between patients, their families and their physicians.

A resident of the Belgrade Lakes Region, Wendi says that she is looking forward to making an impact in the health of her community.



Wainer, continued page 11



Two podiatrists team up to offer new services



Bert Mason, DPM

Bert E. Mason, DPM began providing podiatry services at Belgrade Regional and Lovejoy Health Centers this summer.

Dr. Mason received a Doctorate of Podiatric Medicine at California College of Podiatric Medicine, San Francisco in 1977. He subsequently completed a Surgical Preceptorship at Dean Durrant, DPM, Inc., California. He is a member of the boards of Podiatric Medical Examiners,

Podiatric Surgery (foot and ankle), and Podiatric Orthopedics and Primary Podiatric Medicine. As an undergraduate, he obtained a BA degree (with Honors) in Experimental Pathology from University of California, San Diego, La Jolla and a BS degree in Basic Medical Science from California College of Podiatric Medicine, San Francisco.

Dr. Mason brings extensive experience in both teaching and patient care throughout the United States. His clinical areas of interest include wound care.

"I am looking forward to delivering podiatry services within community health centers and working with a diverse population seeking care for foot problems," he says.

Henry Scheuller, DPM began providing podiatry services at Sheepscot Valley and Richmond Area Health Centers this Summer. He brings extensive experience in Maine and Utah. In addition, he was assigned multiple tours of duty through the U.S. Air Force Reserve.



Henry Scheuller, DPM

Dr. Scheuller's clinical areas of interest include wound care, including diabetic ulcers and wounds caused from peripheral vascular disease. In addition, he has worked in the past with high school football and track teams as their team physician focusing on foot and ankle problems.

"I'm excited about working in the community health centers because they provide local access to foot care for people where it is not otherwise readily available," he says. "I look forward to working with patients who perhaps haven't been able to go out for a brisk walk or jog, or do other things they would like to do, but haven't been able to do, because of their foot pain."

Dr. Scheuller received his Doctorate of Podiatric Medicine at California College of Podiatric Medicine, San Francisco (1978). He is also double boarded - by the American Board of Podiatric Surgery in foot and ankle surgery as well as in Wound Care by the National Alliance of Wound Care. He obtained a Master of Business Administration and Finance degree (1972) as well as Bachelor of Art degree in Economics (1970) from University of Utah.

Jackie Bates, APRN joins RFM for summer



Jackie Bates, APRN

As the summer visitors pour into the Rangeley Lakes region, Rangeley Family Medicine will once again extend their hours to accommodate the temporary population growth.

Jacqueline L. Bates, APRN joined the medical staff in July in order to provide expanded hours for these travelers, as well as the area residents.

Ms. Bates is a graduate of Washington State University,

Pullman where she received her Bachelor of Science in Nursing degree in 1973. She graduated from the Physician Assistant program (MEDEX) at the University of Washington, Seattle and subsequently received a Certificate as a Nurse Practitioner in 1980.

She brings extensive experience as a Family Nurse Practitioner in a Maine practice where she performs histories and physicals and acute care visits for children, adolescents and adults.

"I am looking forward to exploring the Rangeley area and participating in the activities Rangeley is so well known for... skiing, hiking and boating. I have a special interest in women's health care."



Lovejoy annual appeal another success thanks to you!

For the fourth consecutive year, community members generously contributed to the Lovejoy Health Center Annual Appeal raising \$2,455. The donations will be combined with the proceeds of last year's campaign and utilized to purchase monitors which instantly transmit patient vital signs into our electronic medical record system. Once again staff and community board members worked together to facilitate the appeal. Thanks to all our supporters!

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Marc and Sarah Sirois
Frances Ward
Bob and Nan Wescott
Beverly Winship
Yeaton's Service and Supply
Stan Zeigler and Bernice Nadler

Share your HealthReach success story online!

It's no secret that www.HealthReachCHC.org is the place to stay up-to-date on all HealthReach news and events, but now we have a new feature that allows you to share a story about your health center. Did you recently have a helpful visit? Do you appreciate the time and care that your provider gives you? Then take a few minutes to share your own story and help spread the word about the great care we provide to residents of Central and Western Maine! Feel free to give your name and E-mail address, or if you prefer to stay anonymous, then that is okay, too! Just visit HealthReachCHC.org and click on the "Share your own story" link.

"At Mt. Abram I can get in, do what I need to do and get back to work. It's close and convenient and the staff do a good job of getting me in during my lunch break. The staff make me feel comfortable when I come in ... They aren't afraid to joke around."



Seth Farmer
Mt. Abram Regional Health
Center patient



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- Steve Ball, *Chair*
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A message from Steve Ball, Board Chair



I am a patient, customer, and beneficiary of HealthReach services. I think it is important to recognize that HealthReach's services extend far beyond the direct care provided by our health care professionals to include the impact on quality of life and business across Central and Western Maine, our area of coverage. My family has used one of the eleven locations of HealthReach

Community Health Centers as our primary medical care provider since my retirement from the U.S. Army and return to home in Central Maine and I am glad and honored to be a part of this organization.

The goal of HealthReach is simply to provide quality, affordable, patient-centered health care in medically underserved areas in Central and Western Maine. The assurance of access to health services for Central Maine is, quite frankly, increasingly critical to sustaining and developing our communities and a cause worthy of all of our efforts. Today, across America, we are finding that access to health care is increasingly challenging, sadly, in some cases an exceedingly difficult and distant possibility. HealthReach, however, provides essential health services and treatments in our communities that make all of our lives better.

Board Chair, continued page 11

Mini-Pharmacy opens at Rangeley Family Medicine



Amanda Hepler, MD stands in front of the new mini-pharmacy where about 30 medications are available to patients.

Patients at Rangeley Family Medicine no longer have to travel "down the mountain" to get their prescriptions filled. The health center, in conjunction with Spruce Mountain Pharmacy in Jay, is now licensed to operate an on-site mini-pharmacy. Medications will be on hand for acute needs such as strep throat, urinary tract infections, and ear infections.

"Our local pharmacy closed in the fall of 2010 leaving our community without timely access to prescriptions," says Practice Manager Kate Quimby. "We are very excited to be able to diagnose our patients and also supply them with the appropriate medication to assist in their recovery."

The health center dispenses about 30 different medications provided by Spruce Mountain Pharmacy. Owner and pharmacist, Steve Maki, will provide support to the project.

"I am excited about this new collaboration with Rangeley Family Medicine and am looking forward to supplying medications to the rural health center," says Maki. "This is a great service and I will do my part to make sure that patients get the medications they need."

So what do the patients think about this new service?

"Now I don't have to take a day off of work to make a long trip to pick up medications," says Marsha Morton, a RFM patient for over 15 years. "It's a real pain when you are trying to take care of a sick child."



Renovating Sheepscoot

Construction rolls on at Sheepscoot Valley Health Center



Practice Manager Paul Audette inspects the future office of the resident clinical social worker. The rooms behind Paul are going to be offices for providers and their nurses. Once renovations are complete, there will be more available space for the providers and all of the clinical staff. Most public and staff spaces will be getting new floor coverings and a fresh coat of paint, as well.



This photo shows the progress of the two new patient registration windows, as seen from the waiting area. In addition to a larger waiting room, these two windows will provide additional privacy for patients when they check in for an appointment. We wanted to address this issue in this phase of the renovation to provide each patient with a better, more secure visit.



A 3D artist drawing shows what the completed waiting room will look like. In addition to a more confidential check-in area for patients, a handicapped accessible bathroom with baby changing table off the waiting room, and a private blood drawing cubicle will also be installed.

Richmond Area Health Center to host 5K and Fun Run



Staff and board members are gearing up for the Richmond Area Health Center 5k and 1-Mile Community Fun Race, Saturday, July 30. Pictured from left are Tom Bartol, Nurse Practitioner, Leslie Coombs, practice manager, Meneah Haworth, Family Nurse Practitioner, Doreen Holmes, board member, and Dale Gardiner, RN.

Nine months into a successful community weight loss program, where patients have lost more than 3,000 combined pounds, the Richmond Area Health Center is taking another step in bringing lasting, preventative health to their community.

On July 30, runners and walkers will lace up for the Richmond Area Health Center 5K and 1-Mile Community Fun Run as part of the 2011 Richmond Days festivities.

Meneah Haworth, FNP, an avid runner who completed the 2011 Boston Marathon, came up with the race as a way for her fellow community members to get out, have fun, and stay healthy at the same time.

“We hope to get as many of the people in Richmond out and moving and stress that exercise can be fun,” she says. “Exercise is the best anti-depressant, the best anti-hypertensive medication, the best treatment for obesity and the best treatment for anxiety.”

The 5K course will wind through historic downtown Richmond, beginning and ending at the scenic Swan Island landing. Prizes will be awarded for top male and female finishers in four age categories.

For more information on the race or to see a recap of the event, visit RichmondCHC.org.





Living Well *continued from front page 3*

clicking for me during the meditation and visualization exercises. It played a big part in achieving my goals.”

The Living Well class meets for several hours one day a week for six weeks and outlines ways that participants can take control of their health and learn new techniques to deal with their chronic conditions. Many participants are searching for ways to cope with weight problems, depression, diabetes, and many other conditions that hinder day-to-day life.

Co-instructor Ron Contreras, an AmeriCorps member with HealthReach Community Health Centers, has been impressed with how much the participants are learning.

“They have learned how to achieve healthy eating habits without dieting, how to manage chronic conditions like fatigue, pain, and depression, and they have gained new ways to communicate with their providers in order to better understand treatments and medications,” he says.

Barbara, who admits she has battled with weight for most of her life, has learned new ways to help control her diet and gain the motivation to start an exercise regiment. Her goal entering the class was to lose six pounds before her next doctor visit. She lost one pound a week for each six weeks of the class and feels motivated to keep losing more.

“When you write your goals and action plan down and others are doing it with you, you are motivated to stay on track and get results,” she says.

The others were her classmates, 11 other Madison area residents who have also struggled with chronic conditions. One reason the class is so successful is the bond that forms between participants.

“We didn’t just come to the meetings and listen,” says Barbara. “We were constant attendees, feeding off of each other’s success. These folks are my newfound friends. We will definitely stay in touch and keep each other on track.”

“Even though the workshop is set up in a classroom format, most of the learning comes from the participants themselves and each other as a group,” Ron says. “It’s incredible to see how they have worked together on problems and issues with their health.”

Action plans are made and discussed during a Living Well class at Madison Area Health Center this spring. “When you write your goals and action plan down and others are doing it with you, you are motivated to stay on track and get results,” says one participant.



In Brief...

New electronic dental record system

Our two dental practices at Bingham and Strong Area Health Centers are currently in the process of updating their electronic patient record system. The new, updated software will allow our dental providers to access patient files directly through our medical records program, slashing the amount of paperwork and streamlining the whole process, resulting in a faster and better dentist visit.

Generators installed at three health centers

New generators will be installed later this year at our Bethel, Bingham and Richmond health centers. That will mean that all but three health centers will have emergency backup power to continue operations whenever there is a failure in the routine electricity supply. This is particularly important given our ever-growing reliance on electronic information resources. The dental practices in Bingham and Strong would be severely crippled if they couldn’t take X-rays.

Patients save thousands with PAP

There is a dedicated individual at every one of our 11 health centers who focuses on saving patients money by finding and helping them apply for medications at a reduced cost. Our Patient Assistance Program has saved HealthReach patients a total of \$460,915 so far in 2011!



Longtime Bethel provider receives Public Service Award

Physician Assistant Jan Whitworth of Bethel Family Health Center was awarded the Bethel Area Chamber of Commerce's 2011 Public Service Award for her commitment to the health and well-being of her patients and overall community.

The award was presented to Jan on May 6 during the Annual Bethel Area Chamber of Commerce Awards Dinner and Auction at the Grand Summit Hotel at Sunday River Resort.

Jan, who has been working at the health center for nearly 30 years, was nominated for the Public Service Award by long-time patient and friend, Lynn Mason of Bethel, who referred to Jan as an "integral aspect of the Web of Life in Bethel." She also noted that Jan is a wonderful listener, calm, concerned and goes above and beyond what a typical health care provider does.

"Jan was nominated not just for being the professional that she is, but also for the person that she is," says Robin



Jan Whitworth, PA examines a patient at Bethel Family Health Center. Jan has been at the health center for over 30 years and was recently awarded the 2011 Public Service Award by the Bethel Chamber of Commerce.

Zinchuk, executive director of the Chamber. "There is hardly a person in town who doesn't know who she is."

"It means the world to be recognized by my community without asking for it or expecting it in any way," says Jan. "Its great that the Chamber recognizes people in different areas making a difference in the community."

Jan began seeing patients at the Bethel Family Health Center back when it was still operated out of an old house down the road from the health center's current location at 32 Railroad Street. She says the close connection she feels with her patients is what motivates her to stay in the medical field.

"I really enjoy my patients and working at a family practice," she says. "I enjoy the variety of services we offer here from orthopedics to GYN and pediatrics. The setting is just great."

Congratulations on your acheivement, Jan!

Message *continued from page 1*

Local service is the focus as our organization looks to the future with the vision of expanding our capacity to serve patients. With that goal in mind, we have been working on a program to integrate behavioral health services into our practices. This support for patients is currently offered at our Belgrade, Lovejoy, and Western Maine Health Centers. Our goal is to treat the "whole" patient knowing that stress and other issues can be major factors in triggering physical illness and making existing chronic illnesses worse. Continually assessing how we can better serve our patients is one of the hallmarks of the community health center tradition.

Please join me in celebrating the mission of HealthReach Community Health Centers and like-minded organizations across the United States...

Affordable Care Days 2011 schedule

July 30 - Lovejoy Health Center

August 9 - Mt. Abram Regional Health Center

August 10 - Bingham Area Health Center

August 11 - Belgrade Regional Health Center

August 15 - Western Maine Family Health Center

August 16 - Strong Area Health Center

August 18 - Madison Area Health Center

August 25 - Richmond Area Health Center



AmeriCorps member Ron Contreras offers free blood pressure screenings at a recent Affordable Care Day in Bethel.



Comolli *continued from page 4*

University of Maine, Orono and a Bachelor of Art degree in Psychology from New England College in Henniker, New Hampshire. She brings experience with people of all ages in a variety of inpatient and outpatient settings.

“I feel strongly that part of my role is to educate and normalize the experience of asking for help and my hope is that the Lovejoy patients will come to see me as a resource along with their medical provider.”

Wainer *continued from page 4*

“As a member of this great community, it will be an honor to support my fellow citizens by ensuring quality health care in a caring, comfortable environment,” she says. “I plan on supporting the tradition of quality care that distinguishes Belgrade Regional Health Center and keeping us moving in the right direction.”

As practice manager, Wendi will manage the staff and day-to-day operations of the health center and serve as the liaison between the practice and the community.



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MILESTONES ~ January – July 2011

5 Year Anniversaries

Nancy Grudda – Pt. Svc. Rep. II – Lovejoy
Scott Reid – System Support Analyst – Central

10 Year Anniversaries

Rosalie Martikke – LPN – Madison
Sally Cunningham – Senior Pt. Account Rep. – Central
Lorna Lord – Medical Records Clerk – Madison

20 Year Anniversaries

Cathy Ottum – Front Office Coord. – Richmond

WELCOME ~ January – July 2011

Julie Alexander – Med. Asst. – Lovejoy
Julie Austin – Pt. Svc. Rep. II – Madison
Ariel Carolin – Dev. Specialist – Central
Ron Contreras – AmeriCorps – Central
Gene Gilbert – Med. Asst. – Lovejoy
Delia Kelly – Pt. Svc. Rep. I – Bethel
Zoranda LaRochelle – Pt. Svc. Rep. II – Sheepscot
Crystal Lowell – Med. Asst. – Strong
Debra Morris – Pt. Svc. Rep. I – Belgrade
Hope Peterson – Front Office Coord. – Bethel
Doreen Pingree – Pt. Svc. Rep. II – Strong
Debra Reynolds – Pt. Svc. Rep. I – Belgrade
Elizabeth Vigue – Pat. Acct. Rep. – Central

Board Chair *continued from page 7*

I am honored to serve on the HealthReach Board of Directors and look forward to assisting as the Board Chair. The success of HealthReach rests largely on the shoulders of the professionals who work in the health centers and the HealthReach offices. We, as a Board, are formed to assist and support all of them in any way necessary to sustain the success.

The HealthReach Community Health Centers’ Board is collectively proud of the people who serve everyday to make all of the Health Centers better.

Health Center Highlights is a quarterly publication of HealthReach Community Health Centers.

Please send article ideas/submissions, comments, or suggestions to Communications Department, 10 Water Street, Suite 305, Waterville, Maine 04901, via fax to (207) 861-3436, or e-mail: HRCHC@HealthReach.org

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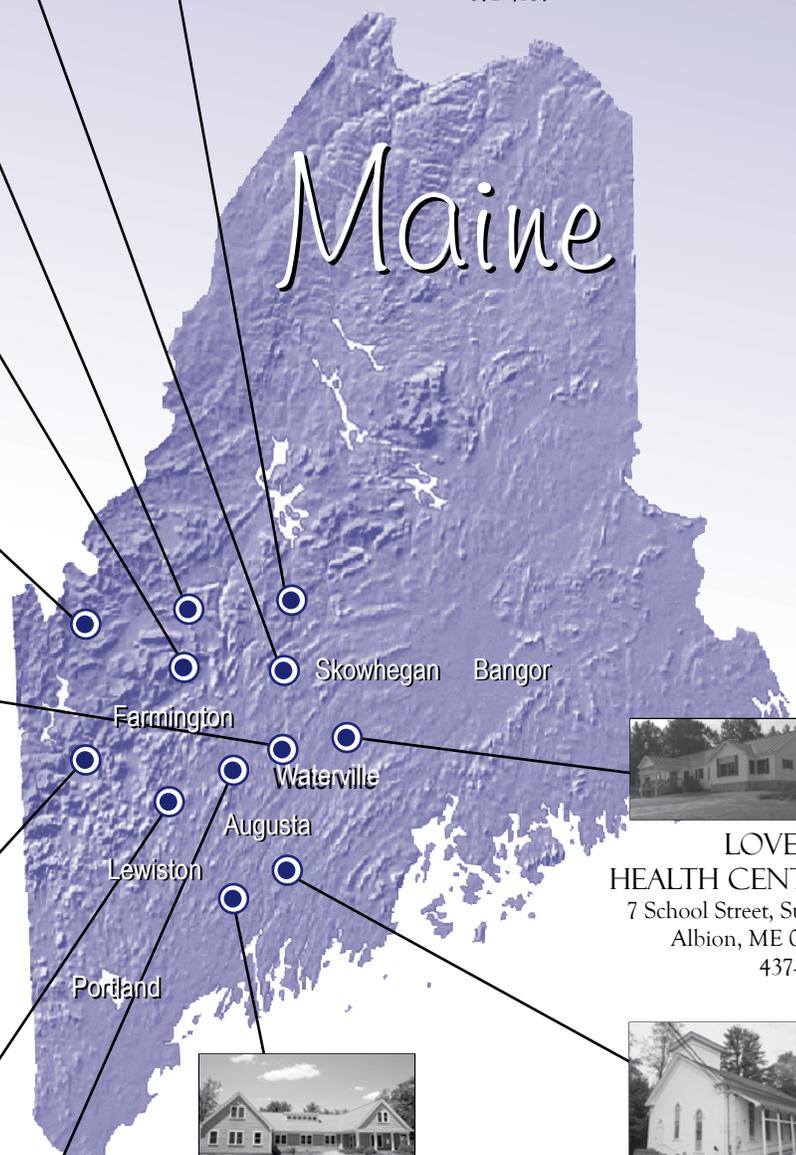
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HealthReach Community Health Centers is a system of eleven federally qualified, community-based health centers located in central and western Maine. Dedicated providers deliver high quality, affordable healthcare to 32,000 underserved residents in over 80 rural communities. HealthReach is a private, non-profit organization with a 30-year history, funded by patient fees, grants and individual donations.